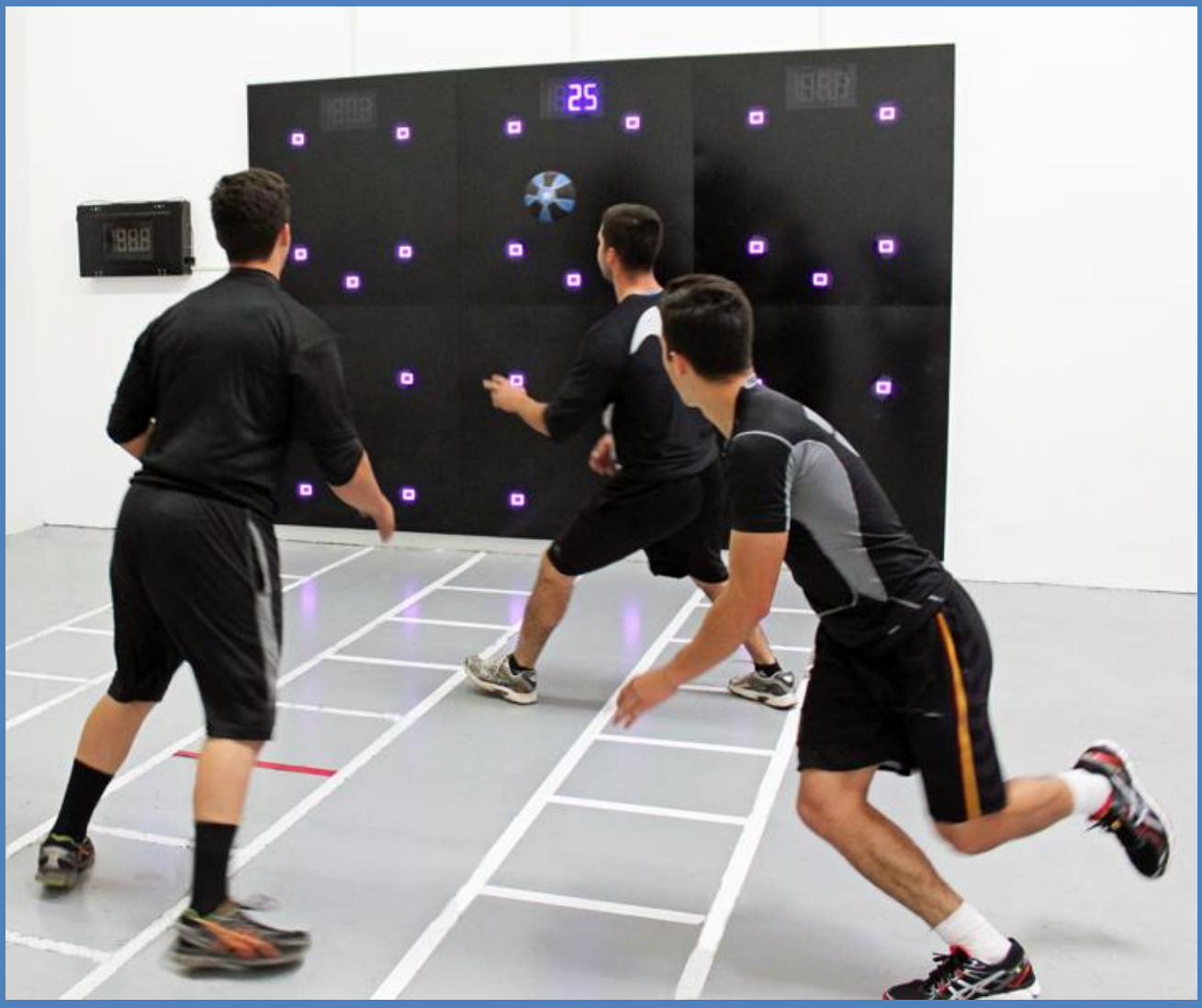
SMARTfit™ High Intensity Cognitive Training for 9 Target SMARTfit™ Trainer and ProTrainer

Getting Started User Manual Rev 3.7



SMARTfit™
High Intensity Cognitive Training™

2015

Unlike other fitness equipment which may require additional insurance, SMARTfit™ ProTrainer and SMARTfit™ Trainer have been approved by the Fitness Insurance Industry for use under general liability insurance. Please check with your insurer to confirm insurance laws in your state.

PARTICIPANTS SHOULD CONSULT A DOCTOR BEFORE STARTING ANY EXERCISE PROGRAM.
The content of this workout program is made available with the understanding that Multisensory Fitness, Inc. disclaims all responsibility for any injury incurred as a consequence of engaging in this program without first consulting a physician or otherwise qualified health care professional.

Thank You. Enjoy your new SMARTfit™ system!

Multisensory Fitness, Inc.
www.multisensoryfitness.com

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Chapter 1

Welcome to SMARTfit™ High Intensity Cognitive Training

Introduction

The fundamental goal of any fitness program is to help prepare individuals for the challenges of the twenty-first century by providing the core skills and knowledge for them to be physically active as part of a healthy lifestyle. SMARTfit™ High Intensity Cognitive Training™ merges cognitive and fitness training with gameplay providing a fun and engaging multifunctional workout for SGT, Group X and personal training.

SMARTfit™ works for all ages and abilities. Using sophisticated interactive computer technology, SMARTfit™ training sessions are based on games that naturally promote fun, social interaction, and exercise in a venue that requires active participation and develops successful team play.

SMARTfit's diverse programming is designed to make fitness and sports training more fun, engaging, challenging, and inclusive than traditional forms of training. Following are tips to assist you in understanding your SMARTfit™ and making it successful in your facility.

SMARTfit™ System Manual

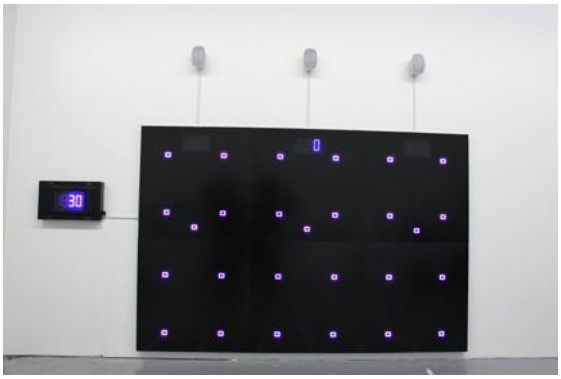
This manual is designed for use by both trainers wishing to design their own workouts and those seeking single session classes or boot camps. To see drills in action, please view our web site on: http://multisensoryfitness.com/customer-resources/
If you come up with a drill that is NOT posted on the channel, please capture it via smart phone and send it to us so that we can post it. We are aiming to build a library of ideas to share with teachers and trainers from all sectors.

This manual addresses games available for the SMARTfit™ Trainer and the SMARTfit™ ProTrainer with 9 targets per panel:

The SMARTfit™ Trainer is a system with 1 to 6 separated panels, each forming a separate station with its own scoreboard and 9 targets. They only operate in Training Station mode which are addressed in game series 0-99, 200- 299, 400-499, 600-699, 800-899, 1000-1099, 1200-1299, 1400-1499, and 1600-1699.

The SMARTfit™ ProTrainer is a system comprised of 2 to 6 panels joined together and each

incorporating 9 targets. It operates in several modes: Training Station mode where every panel can also be a Training Station (where the stations operate in competitive mode), and in Performance Trainer mode where all the joined panels operate as a single integrated target wall incorporating all of the targets. There are games for a single player/team and games for 2 competing players/teams where the scores of each team are tracked on the outside panels but game play involves alternating play similar to the way racquetball, squash, and handball are played. All games in this manual can be played on the SMARTfit™ ProTrainer. Specific sports performance training games can be found in games 1800-1899 which are planned for release in late 2015.



Each drill has a specific purpose and numerous skill benefits. We suggest each drill be repeated three times:

First, to LEARN the drill and get used to working together as a team.

Second, to PRACTICE to improve both individually and as a team.

Third, to CHALLENGE participants to achieve their best score, and to compare their scores with previous best scores or competitors.

Number of participants:

Drills are designed to engage up to ten participants per station. Smaller groups may be advisable to make drills faster and more challenging for those with greater ability levels. Some of the drill variations may also be used to accomplish the same.

For larger groups, we suggest fast moving relays involving running or ball throwing and catching round-the-world style. For slower moving drills such as those that require a player to spend up to twenty seconds at the station, we recommend that players toward the back of the line be involved in a simple physical activity to keep them active while still rooting for their team. Examples include running in place, jumping in place, jumping jacks, push-ups, skipping, and sit-ups.

Assessment

http://multisensoryfitness.com/wp-content/uploads/2013/08/SMART-Fit-Combine-Training-1.3.pdf

Please refer to our SMARTfit™ Combine manual for doing assessments. It includes drills and assessment tracking sheets for each demographic group. Tracking scores over 4 weeks will supply the data to plot participants' progress over time.

This is an excellent tool to show participants that they *are* improving. More specific on-line performance tracking will become available when our on-line assessment tracking upgrade is released.

Using the scores from specific games for specific skills, instructors will be able to evaluate the progress of skill attainment within a group. For example, the group could use activities in any one of the Chase or Rally Wall games at 4 minutes to record a beginning level of cardio fitness. After a month of physical activity, the players can record a second score in the same game at 4 minutes to determine how much progress they have achieved. An increase in points scored within the 4 minute time limit will show how much a player's cardio fitness has improved.

For throwing and accuracy skills, the Lights Out and Play Tune Games could be played for 45 seconds, recording an initial score. After a period of time, the players would record a new score in the same game to determine how much their accuracy has improved. Be creative! People love to see their scores "up in lights" and will *want* to participate.

If competition is the goal, SMARTfit™ games encourage people to compete with themselves, other groups, and even other clubs. An effective idea to incentivize play is to post weekly high scores on Facebook or other social media, along with video clips of play. The players will get an excellent workout while having fun, and posting scores promotes retention of their skills. There is no limit to how your system can be used!

Setting Your SMARTfit™ Trainer/ProTrainer System Game Times and Playing Distances for a Specific Concept or Skill Emphasis

Cardio Respiratory
Longer time periods of play: 60 seconds to 240 seconds depending on the size of the group
Move start line farther back: 10' or more up to 30.'
Have team relays for longer periods of time: 120 seconds to 240 seconds
Have players in line to perform exercises while waiting for their turn

Speed/Agility
Shorter time periods of play: 60 seconds or less
Include changes in speeds and directions when travelling to the stations: fast to slow and forward to backward, lateral to the right one direction and to the left the other
Use bean bags and have players sprint up to retrieve the beanbag and sprint back to start line
Move start line closer to station for quick returns and reaction times for ball games
Establish multiple start lines; "suicide" drills
Use speed ladders or poly spots in pathway to the stations

Skill/Accuracy
Chase games using one triangle of active targets: intermediate
Chase games using one active target: advanced
All activities in Games: Knock the Lights Out
Ball games with or without a bounce on the return

Activities that deduct points for misses or hits below the line
All games in the 1800 game series
Activities that activate only the top or bottom lines (useful for sports training)

Core Strength
Replace playground balls with a 2 lb. medicine ball
Have players stand on BOSU ball or balance board to throw
Have players perform sit-ups while tossing medicine ball to targets

Brain Body Connectivity
Chase the Target Challenge Games
Counting Games
Word Games
Math Games
Pairing Games
Simon Says Games
Lights Out Games - Color Chase, Number Chase, etc.

How to Organize Your Group for a Class on SMARTfit™ System

The workouts in this manual are designed for both individual and group trainers. For group training, it is essential to plan and organize the group quickly in order to get players into action as soon as the lesson starts.

SMARTfit™ Trainer can be used in a fitness class for up to 8 players per station. It is preferable to match groups of similar ages in the same class while maintaining a mix of skill levels on each team. Choose a team for each station available on the SMARTfit™ Trainer. To organize teams, get the whole group to stand in a line ranging in height from shortest to tallest. Then count off the players, depending on the number of stations. If 4 stations, count off from the front to back: 1, 2, 3, 4, 1, 2, 3, 4, and so on. Then send all the 1's to stand at the 20' marker of station 1, 2's to station 2, and so on. With this method trainers typically end up with fairly diverse skill levels on each team.

Additional Tips

The equipment list for each drill is per station. You can substitute as desired, using equipment on hand to complement the ball kit shipped with each SMARTfit™ Trainer system.

When more than one line is called for, position the lines with adequate distance between each line so players do NOT run into each other.

We strongly recommend reading the operating instructions in Chapter 2 of this manual to familiarize yourself with the system before you begin. We have provided both individual lesson

plans to create your own workouts, and complete workout programs that include lesson plans grouped for specific outcomes. All activities can be adapted for any age and any skill level.

SMARTfit™ Conditioning for the Mind and Body: How It Works

SMARTfit™ Training is a functional training and fitness program appropriate for all ages and fitness levels. The brain and body connection is the key element that differentiates a functional training program from a general conditioning program, and SMARTfit™ programs are specifically designed to stimulate the body and the brain concurrently. This is accomplished by:

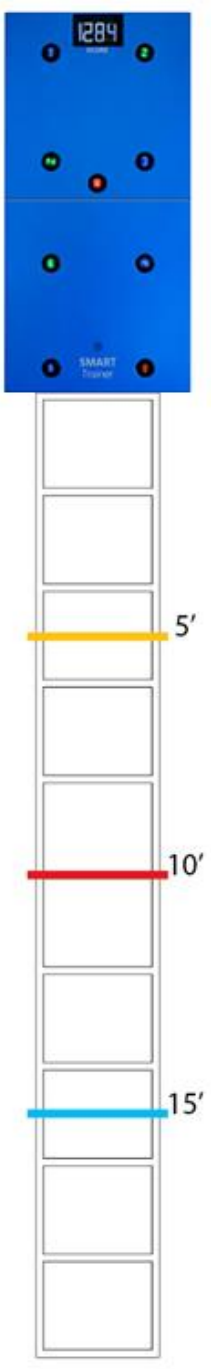
- Attracting participation and engaging sustained focus with short attention-grabbing computer games, played sequentially in the pursuit of score and mastery of skills
- Providing full body exercise by stimulating the hands, feet, eyes, ears and vestibular system in playing real games with real tactile equipment (NOT simulated)
- Requiring high levels of attention and focus for success (staying consciously in-the-now)
- Engaging in cognitive decision-making under pressure
- Delivering a cardiovascular workout in a game format

SMARTfit's programming improves functional abilities (flexibility, balance, power, strength) while concurrently developing high levels of neuromuscular efficiency. This process of engaging the hands, feet, ears, and eyes develops visual-perceptual motor skills. The added element of integration of the right and left brain hemispheres has been well-documented to enhance brain plasticity as well as whole brain thinking, cognition, attention and focus for learning.

Chapter 2

Getting To Know Your SMARTfit™ Trainer and ProTrainer

Groups who want teamwork and fun with as much movement and participation as possible will appreciate and enjoy the SMARTfit™ Trainer. Up to 8 people can play at each station with minimum wait time. Each player will be "in action" for the majority of playing time. All targets can display colors, numbers, letters, symbols, shapes and more. This is essential in games that are designed to require players to seek out individual images in order to increase cognitive demand during the game as well as to force decisions under pressure. SMARTfit™ Trainer also includes optional Voice Instruction, which announces each game while scrolling through the options.



- The middle display board will show the time set for each game and will then default to the time chosen, counting down seconds as the game is played.
- The first station on the left (facing the system) is station 1.
- Each SMARTfit™ station will keep track of its own individual score.

Recommended Floor Markings:

See video instruction
http://multisensoryfitness.com/recommended-floor-markings/

Use of the space in front of your SMARTfit™ panels can add options to your program. Many of our lesson plans include the use of speed/agility ladders, poly spots, cones, and pre-taped lines set at specific distances in front of the SMARTfit™ system. We recommend taping, painting or incorporating into the existing floor the following: Ladder a minimum of 16' long and 2' wide, divided into 2' squares. Center each ladder at the base of each Station. Place start lines at 5,' 10,' 15' and 20.'

Chapter 3

System Settings on Your SMARTfit™ System

Setting Your SMARTfit™ Trainer/ProTrainer To Perform as Desired

http://multisensoryfitness.com/customer-resources/getting-started-and-settings/

Power On/Off:
The on/off switch is located on the Time-Display Box near the power connect cord. When powering on, the system will take 3 seconds to check that all components are working properly. Please DO NOT TOUCH it during this check or your system will display an error message. If this occurs, simply turn the system off, wait for 3 seconds, then restart.

Remote Control
The remote control is your tool to select game, level, time, volume, and system settings. By pressing the indicated button you can sequentially scroll through the available choices. Your SMARTfit™ system can be programmed for a variety of functions. The option descriptions are as follows:

Game button: View in video format at:
http://multisensoryfitness.com/customer-resources/getting-started-and-settings/

- When the Game button is pressed, it will interrupt the system from attract mode, or it will interrupt a game that is currently being played, and take the system into set-up mode. Pressing **Game** again will increase the game number to the next one.
- When the **Game** button is pressed, all stations in the system will turn on the targets to allow for game selection. This will hold for 2 seconds. If there is no input given it will set up the game ready for play. Press the **Game** button once after this two seconds and the system will go first to the setting mode, while another press will move the system on to the next game.
- Top Left Target (Target 1) is a toggle to turn the auto-reset feature of the system on and off. When the toggle is on it will display a green "1" and games will automatically restart after the end of a game. When off it will display a red "0." This will require the trainer to reset each game using the remote control.
- Center Target (Target 3) is lit with the "#" symbol to indicate game number. A hit to this target will count the games up by 100's. The system will remember the last game number played in that suite and change only by the hundreds. For instance, if one is game 112, and the center target is hit, it will change to the game last played in suite 400, 500, 600… back to 000. Upon return to the suite of 100's it will again go to 112.

- Lower Left target is lit with a minus ("-") symbol. Hits to this target will decrease the game number by 1, including decreasing over game suites. If you are at game 200, pressing this button will take you to the highest game in the 100 suite.
- Lower Right target is lit with a plus ("+") symbol. Hits to this target will increase the game number by 1.

Level button:

- When the Level button is pressed during the play of a game nothing will happen and the game will continue to play.
- When the game is set and ready to begin, a press to the Level button will change the level only when applicable.
- Level Button is used to adjust levels in the Chase the Target games to adjust the timing of the color change in the targets. Each press of the level button will increase the level by one.
- Lower Left and Right targets will light up with + and – arrows to adjust the levels up and down.

Time button:

- When the Time button is pressed during the play of a game nothing will happen and the game will continue to play.
- When the game is set and ready to begin, a press to the Time button will increase the time to the next time interval.
- When the Time button is pressed after a game has been selected the time will be shifted to the next segment of time. Also each station will light up with inputs ready as follows:
  - Lower Left target will be lit with a minus symbol or a down arrow. Hits to this target will decrease time to the next lower choice.
  - Lower Right target will be lit with a plus symbol or an up arrow. Hits to this target will increase time to the next higher choice.

Volume button:

- When the Volume button is pressed during the play of a game, the volume on the station speakers will change, increasing by one setting for every push.
- When the Volume button is pressed during the set-up of games, the station will light up for 3 seconds with the commands described below, and will look for a response from the targets to determine if any settings are to be adjusted:
- Top Left Target – will be lit as a green "1" to indicate that the voice instruction is on, or a red "0" to indicate that it is off. Hits to this target will toggle voice instruction on and off.
- Top Right Target will be lit as a green "1" " to indicate that the Attract Mode is on, or a red "0" to indicate that the Attract Mode is off. Hits to this target will toggle Attract Mode on and off.
- Center Target will be lit with a sound symbol. Hits to this target will automatically set all system speakers to mute.

- Middle Left Target will be lit with a minus symbol or a down arrow. Hits to this target will decrease the volume on the *system speakers* by one level.
- Middle Right Target will be lit with a plus symbol or an up arrow. Hits to this target will increase the volume on the *system speakers* by one level.
- Lower Left Target will be lit with a minus symbol or a down arrow. Hits to this target will decrease the volume on the *station speakers* by one level.
- Lower Right Target will be lit with a plus symbol or an up arrow. Hits to this target will increase the volume on all of the *station speakers* by one level.

Adjusting Sensitivity of the Panel to Match the Power of the Player

The sensitivity of the sensors in your SMARTfit™ Trainer/Pro Trainer will determine whether your strike will be registered in the game and will need to be adjusted for different uses. Training with a medicine ball will require less sensitivity than using hands or a noodle. The same applies to different populations i.e. training an adult will require less sensitivity than training a senior or a toddler. If you find that the sensitivity needs to be adjusted for your desired use, refer to directions below:

1. Press the Game (Red) button to put the systems into set-up mode.
2. Press the Level (Yellow) button to access the sensitivity adjustment mode.
3. The "-" and "+"symbols will appear on the bottom two targets. (The top two targets are for adjusting levels in some of the games)
4. The range is 1-5 and the recommended default setting is 3. Medicine balls and weights should be 1 or 2, playground balls 3, and hands and noodles should be 4 or 5 depending on how hard the person hits.
5. The "+" sign will adjust your sensitivity for higher impact games and the "-" sign will adjust your sensitivity for lower impact/touch games.
6. Choose your desired sensitivity level by tapping the "+" or "-" until it is reached.
7. After a 2 second pause the system will save the setting and the game will start.

Use the list below for as a guide on where to select the best sensitivity:
For **low impact**: a noodle, or a light touch start with "5".
For **medium impact**: a playground balls or firm touch, start with "3".
For **high impact**: a medicine ball, or air-filled sports balls start with "1".
For **Advanced Training** where greater precision is required, decrease the sensitivity level to 1.

Chapter 4

Recommended Equipment for SMARTfit™ System

Your SMARTfit™ system is tough, durable and designed to take a beating. However, because it is a computer, the following equipment list will be helpful in preserving its longevity. Following is the recommended equipment list:

- Air-filled regulation athletic balls (tennis, basketball, football, volleyball, soccer, etc.)
- Rubber practice baseballs, softballs, lacrosse, cricket or T-Balls (need to bounce).
- PassBack Footballs
- Playground balls of all diameters
- Beanbags or dead balls for single directional play
- Swim Noodles or foam bats for striking the targets
- 2 lb. or 1 kilo medicine ball (maximum weight)
- BOSU balls or other balance devices for standing, sitting or lying
- Implements for striking the balls (hockey sticks, paddles, padded bats, rackets, etc.)
- Cones to provide barriers or direction
- Padded 2, 5, or ten pound hand weights (protect the panel from developing strike marks)

The following equipment is supplied with your system when it is purchased. See spec sheets for quantity details.

- 5” red playground balls
- 7” yellow playground balls
- 8.5” blue playground balls
- 2 lb. medicine ball
- Beanbag set
- Foam noodles
- Single handled 2lb weights

What Equipment NOT to use on your SMARTfit™ System

- Regulation baseball. It will NOT return properly because there is no bounce. Over time it will damage the electronic connectors.
- Regulation lacrosse balls. Over time they may scuff the stations and damage the electronics.
- Regulation cricket balls.
- 3 pounds and greater medicine balls for throwing at the system. (Okay to use a heavier medicine ball to *touch* the targets while holding the medicine ball with hands).
- Any hard solid plastic implement such as a stick or bat for hitting targets.

Chapter 5

Group Training Drills on Your SMARTfit™ System

Group Training Format

Group classes run 20 to 50 minutes in length depending on the number of repetitions applied to each exercise. Each station can accommodate up to 8 participants of all ages and skill levels.

Suggested Group Fitness Class Formats

Warm-up: The Warm-Up should run for 5 minutes within a 50 minute program. The main objective of the warm-up is to loosen the muscles and prepare the participants for some fast-paced movement. A good warm-up will prepare individuals for instruction, reduce the chance of injury, and set a *fun* mood for SMARTfit™ Training.

Skill: The Skill Development section should run for about 10 minutes within a 50 minute program. The main focus here is the connection between the brain and body. Categories include speed, agility, balance, hand-eye coordination, and reaction time. Skill development transfers into the successful completion of life's every day activities.

Cardio: The Cardio Respiratory Endurance section should run for about 15 minutes within a 50 minute program. The main focus is cardio endurance, stamina, and calorie expenditure.

Core: The Core section should run for about 5 minutes within a 50 minute program. The main focus is on strengthening the torso with sit-ups, overhead passes, etc.

Speed and Agility: The Speed and Agility section should run for about 10 minutes within a 50 minute program. The main focus is hand-eye speed and navigating agility using ladders or dots with hopping, side steps, and bending.

Cool-Down: The cool-down should last 5 to 10 minutes within a 50 minute program. This allows the participants to bring their heartbeat nearer to resting level. For this section use brain games such as Pairing, Math, or Word games which involve more thinking and less movement.

Modes of Play

There are five ways to run drills on the SMARTfit™ system:

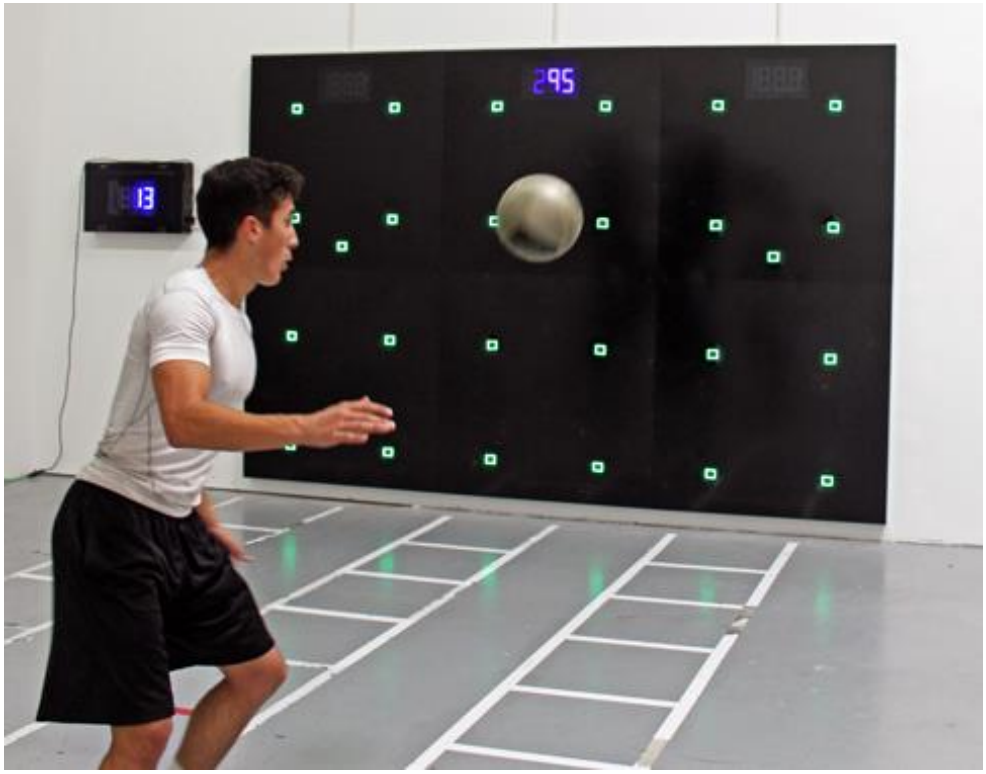
Individual: First player plays the entire game to time completion. Next player in line begins a new game with a new time.

Partners: Two players are partners and play the game together, to time completion. Next pair of players steps up to start new game with a new time.

Team: First player plays a turn, retrieves ball, returns to the start line and hands/passes the ball to the next player in line.

Around-the-World: First player takes a turn and peels off to the end of the line. The next player in line plays off of the first player's throw and peels off to the end of the line.

Snake: Entire class stands in front of station 1 on the left at a starting line distance of 12', 20', or 30' from the system. Each player runs in turn to station 1, performs a task and runs back to the starting line in front of the center station, turning towards the system in front of station 2 on the right. Each player then runs in turn to station 2, performs a task, and peels off to the right, returning to the starting line in front of station 1 and repeating the task at station 1.



Chapter 6

Designing a Lesson Plan

The following menus will help you to design your own Training Program. Using an empty training template, fill in the blanks with activities from the menus. Choose your equipment and time based upon the objective for that training period. The possibilities are endless! Refer to the rest of this manual for examples of how to design lesson plans for your system.

TEMPLATE — DESIGN YOUR OWN CLASS

Date: _____ Time: _____

WARM-UP: Equipment_____ Game ___ Start Line ___ Mode_____ Seconds_____

-
-
-

SKILL: Equipment_____ Game ___ Start Line ___ Mode_____ Seconds_____

-
-
-
-

CARDIO: Equipment_____ Game ___ Start Line ___ Mode_____ Seconds____

-
-
-
-

COOL-DOWN: Equipment_____ Game ___ Start Line ___ Mode_____ Seconds_____

-

Chapter 7

Chart Displaying Activated Games

#	RALLYWALL "Zones"
1	Rallywall Zones – All Targets - 5 points for each hit to the lit targets
2	Rallywall Zones – Upper 3 rows - 5 points for each hit to the lit targets
3	Rallywall Zones – Upper 3 rows with penalty - Penalty for hitting outside lit region
4	Rallywall Zones - Lower 4 rows - 5 points for each hit to the lit targets
5	Rallywall Zones - Lower 4 rows with penalty - Penalty for hitting outside lit region
6	Rallywall Zones – Top row – 5 points for each hit to the lit targets
7	Rallywall Zones – Top row with penalty - Penalty for hitting outside the lit region
8	Rallywall Zones – Bottom row – 5 points for each hit to the lit targets
9	Rallywall Zones – Bottom row with penalty – Penalty for hitting outside the lit region
10	Rallywall Zones – Middle 3 rows – 5 points for each hit to the lit targets
11	Rallywall Zones – Middle 3 rows - Penalty for hitting outside the lit region
#	RALLYWALL "Zones" – SMARTfit ProTrainer only (Multi-panel games)
101	Rallywall Zones – All Targets - 5 points for each hit to the lit targets
102	Rallywall Zones – Upper 3 rows - 5 points for each hit to the lit targets
103	Rallywall Zones – Upper 3 rows with penalty - Penalty for hitting outside lit region
104	Rallywall Zones - Lower 4 rows - 5 points for each hit to the lit targets
105	Rallywall Zones - Lower 4 rows with penalty - Penalty for hitting outside lit region
106	Rallywall Zones – Top row – 5 points for each hit to the lit targets
107	Rallywall Zones – Top row with penalty - Penalty for hitting outside the lit region
108	Rallywall Zones – Bottom row – 5 points for each hit to the lit targets
109	Rallywall Zones – Bottom row with penalty – Penalty for hitting outside the lit region
110	Rallywall Zones – Middle 3 rows – 5 points for each hit to the lit targets
111	Rallywall Zones – Middle 3 rows - Penalty for hitting outside the lit region
	CHASE THE TARGET - Multi-station systems
	Note Games 201 – 207 are for multi-station systems and operate as a single game with 1 score. Target score value is as follows for all Chase the Target Games: 10-Blue, 8-Green, 6-yellow, 4-White, 2-Red
201	Chase the Station – (all targets) chase the lit area across each station
202	Chase the Station – (upper 3 rows) chase the lit area across each station
203	Chase the Station – (lower 4 rows) chase the lit area across each station
204	Chase the Station – (top row) chase the lit area across each station
205	Chase the Station – (bottom row) chase the lit area across each station
206	Chase the Station – (lower 2 rows) chase the lit area across each station
207	Chase the Station – (center target only) chase the lit area across each station
	CHASE THE TARGET
	Target score value is as follows for all Chase the Target Games: 10-Blue, 8-Green, 6-yellow, 4-White, 2-Red
216	Chase the Single Target – (middle 3 rows) chase the lit target
217	Chase the Single Target – (middle 3 rows) chase the lit target as it goes from A to Z
218	Chase the Single Target – (middle 3 rows) chase the lit target as it counts from 0 to 19

219	Chase the Single Target – (all targets) chase the lit target
220	Chase the Single Target – (top row) chasse the lit target
221	Chase the Single Target – (bottom row) chase the lit target
222	Chase the Single Target – (lower 2 rows) chase the lit target
223	Chase the Single Target – (lower 4 rows) chase the lit target
224	Chase the Single Target – (upper 3 rows) chase the lit target
225	Chase the Single Number – (all targets) chase the lit target as it counts from 0 to 19
226	Chase the Single Number – (lower 4 rows) chase the lit target as it counts from 0 to 19
227	Chase the Single Number, by 2 – (all rows) chase the lit target as it counts by 2's
228	Chase the Single Number, by 3 – (all rows) chase the lit target as it counts by 3's
229	Chase the Single Letter – (all rows) chase the lit target as it goes from A to Z
230	Chase the Single Letter – (lower 4 rows) chase the lit target as it goes from A to Z
231	Chase the Single Letter – (upper 3 rows) chase the lit target as it goes from A to Z
232	Chase the Single Target – (all targets) Left, Right and Both, Use correct hand or both to chase the lights on the system. L will be on right side and R will be on Left side so player is to cross arms to play.
233	Chase the Single Target – (all targets) Left, Right and Both, Use correct hand or both to chase the lights on the system. L, R and B will light up randomly around the wall.
	CHASE THE TARGET – SMARTfit™ ProTrainer only (Multi-panel Games)
	Target score value is as follows for all Chase the Target Games: 10-Blue, 8-Green, 6-yellow, 4-White, 2-Red
301	Chase the Panel – (all targets) chase the lit area across each panel.
302	Chase the Panel – (upper 3 rows) chase the lit area across each panel.
303	Chase the Panel – (lower 4 rows) chase the lit area across each panel.
304	Chase the Panel – (top row) chase the lit area across each panel.
305	Chase the Panel – (bottom row) chase the lit area across each panel.
306	Chase the Panel – (lower 2 rows) chase the lit area across each panel.
307	Chase the Panel – (center target only) chase the lit area across each panel.
	LIGHTS OUT
600	Lights Out – Race - (all targets) – Knock out all lights, 1st player to complete ends game.
601	Lights Out – Race - (lower 4 rows) – Knock out all the lights, 1st player to complete ends game
602	Lights Out – Race - (all targets) – Knock out all the lights, game ends when all stations are done.
603	Lights Out – Race - (lower 4 rows) – Knock out all the lights, game ends when all stations are done.
604	Lights Out – Race - (upper 3 rows) – Knock out all the lights, game ends when all stations are done.
605	Lights Out Keep 3 On – Timed Game (all targets) – Knock out all the lights and then continue to chase 3 targets.
606	Lights Out Keep 3 On – Timed Game (lower 4 rows) – Knock out the targets then continue to chase 3 targets.
607	Lights Out Keep 3 On – Timed Game (upper 3 rows) – Knock out the targets then continue to chase 3 targets.
608	Track the Number - Race – (all targets) – Track the correct number 0 to 19 and back to 0
609	Track the Number - Race – (lower 4 row) – Track the correct number 0 to 19 and back to 0
610	Track the Number - Race – (all targets) – Track the correct number 19 to 0
611	Track the Number – Timed Game (lower 4 rows) – Track the correct number 0 to 19 and back to 0.
612	Track the Number – Timed Game (all targets) – Track the correct number 0 to 19 and back to 0.
613	Track the Number, X 2 – Timed Game (all targets) – Track the correct number counting by 2's.
614	Track the Number, X 3 – Timed Game (all targets) – Track the correct number counting by 3's.
618	Track the Letter – Timed Game (all targets) – Track the alphabet, A to Z and back.
619	Track the Letter – Timed Game (lower 4 rows) – Track the alphabet, A to Z and back.
620	Track the Letter - Timed Game (middle 3 rows) - Track the alphabet, A to Z and back.

621	Track the Color – Timed Game (all targets) – Track the color on center target at start.
622	Track the Color – Timed Game (lower 4 rows) – Track the color on center target at start.
623	Track the Color – Timed Game (middle 3 rows) – Track the color on center target at start.
624	Track the Smiley Face – Timed Game (all targets) – Track the smiley face until time runs out.
625	Track the Smiley Face – Timed Game (lower 4 rows) – Track the smiley face until time runs out.
626	Track the Smiley Face – Timed Game (middle 3 rows) – Track the smiley face until time runs out.
	LIGHTS OUT - SMARTfit™ ProTrainer only (Multi-panel Games)
700	Lights Out – Race - (all targets) – Knock out all lights on system in the shortest amount of time.
701	Lights Out – Race – (lower 4 rows) – Knock out all the lights on the system in the shortest amount of time.
702	Lights Out – Race – (upper 3 rows) – Knock out all the lights on the system in the shortest amount of time.
703	Lights Out – Race – (lower 2 rows) – Knock out all the lights on the system in the shortest amount of time.
	PAIRING, MEMORY AND SEQUENCING – Find the pairs or sequence
800	Pairing - Color (timed game) Find color pairs in the time set. System refresh each time.
802	Pairing - Numbers (timed) - Find number pairs in the time set. System refresh each time
805	Pairing - ABC (timed) - Find Alpha pairs in the time set. System refresh each time
808	Pairing - Shapes (timed) - Find shape pairs in the time set. System refresh each time
810	Pairing - Dice (timed) – Find dice pairs in the time set. System refresh each time
812	Pairing - Symbols (timed) - Find symbol pairs in the time set. System refresh each time
814	Pairing – Pictures (timed) - Find picture pairs in the time set. System refresh each time

Chapter 8

Game Rules

Game Category 1-11: Rallywall

The Rallywall games focus on accepting any hit within the designated playing area for points. The targets will be activated to reveal the specific playing area. These games are very good for ball games as they provide a larger playing area for beginners and for long distance play such as tennis, soccer, baseball, basketball, volleyball, lacrosse, and football training.

#	RALLYWALL "Zones"	#
1	Rallywall Zones – All Targets - 5 points for each hit to the lit targets	1
2	Rallywall Zones – Upper 3 rows - 5 points for each hit to the lit targets	2
3	Rallywall Zones – Upper 3 rows with penalty - Penalty for hitting outside lit region	3
4	Rallywall Zones - Lower 4 rows - 5 points for each hit to the lit targets	4
5	Rallywall Zones - Lower 4 rows with penalty - Penalty for hitting outside lit region	5
6	Rallywall Zones – Top row – 5 points for each hit to the lit targets	6
7	Rallywall Zones – Top row with penalty - Penalty for hitting outside the lit region	7
8	Rallywall Zones – Bottom row – 5 points for each hit to the lit targets	8
9	Rallywall Zones – Bottom row with penalty – Penalty for hitting outside the lit region	9
10	Rallywall Zones – Middle 3 rows – 5 points for each hit to the lit targets	10
11	Rallywall Zones – Middle 3 rows - Penalty for hitting outside the lit region	11

Game Number: 1

Name: Rally Wall, All Targets

Game Rules:

- Each station starts with all target lights turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- Each good hit earns 5 points.

Game Number: 2

Name: Rallywall – Upper 5 targets

Game Rules:

- Each station starts with the upper 5 targets turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the upper 5.

Game Number: 3

Name: Rallywall – Upper 5 targets, with penalty

Game Rules:

- Each station starts with the upper 5 target turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the upper 5 and minus 2 for the lower 2 rows.

Game Number: 4

Name: Rallywall, Lower 4 rows (7 targets)

Game Rules:

- Each station starts with only the lower 4 rows with 7 target lights turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the lower 7 region.

Game Number: 5

Name: Rallywall, Lower 4 rows (7 targets) with penalty

Game Rules:

- Each station starts with only the lower 7 target lights turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the lower 7 - minus 2 for the area above the lower 7.

Game Number: 6

Name: Rallywall, Upper 2 Targets

Game Rules:

- Each station starts with only the upper 2 target lights turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the upper 2 target areas.

Game Number: 7

Name: Rallywall, Upper 2 Targets with penalty

Game Rules:

- Each station starts with only the upper 2 target lights turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the upper 2 and minus 2 for area below the 2 targets.

Game Number: 8

Name: Rallywall, Lower 2 Targets

Game Rules:

- Each station starts with only the lower 2 target lights turned on.
- Objective is to hit the system in the active target area as many times as possible, until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the lower 2 target areas.

Game Number: 9

Name: Rallywall, Lower 2 Targets with penalty

Game Rules:

- Each station starts with only the lower 2 target lights turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the lower two and minus 2 for area below the 2 targets.

Game Number: 10

Name: Rallywall, Middle 3 rows (Five targets)

Game Rules:

- Each station starts with only the lower middle 5 target lights turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the area around the middle 5 targets.

Game Number: 11

Name: Rallywall, Middle 3 rows (5 Targets) with penalty

Game Rules:

- Each station starts with only the middle 5 target lights turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the lighted active target area is hit the targets are activated and a positive tone is heard.
- When time expires, the station with the highest score will light up with exploding targets, flashing lights, and score will flash to show which station achieved the highest score.
- 5 points for hitting the lower two and minus 2 for area above or below the lit area.

Game Category 100- 111: Rallywall for SMARTfit™ ProTrainer in Performance Mode

Performance mode on the SMARTfit™ ProTrainer system (where between 2 and 6 panels/stations are joined together), allow for games to be played where all of the targets in the system are integrated into a single game. For example, a SMARTfit™ ProTrainer 3 will allow for all 27 targets to be part of the same game.

The Rallywall games for SMARTfit™ ProTrainer focus on accepting any hit within the designated playing area for points. The targets will be activated to reveal the specific playing area. These games are very good for ball games as they provide a larger playing area for beginners and for long distance play such as tennis, soccer, baseball, basketball, volleyball, lacrosse, and football training.

#	RALLYWALL "Zones" – SMARTfit ProTrainer only (Multi-panel games)
101	Rallywall Zones – All Targets - 5 points for each hit to the lit targets
102	Rallywall Zones – Upper 3 rows - 5 points for each hit to the lit targets
103	Rallywall Zones – Upper 3 rows with penalty - Penalty for hitting outside lit region
104	Rallywall Zones - Lower 4 rows - 5 points for each hit to the lit targets
105	Rallywall Zones - Lower 4 rows with penalty - Penalty for hitting outside lit region
106	Rallywall Zones – Top row – 5 points for each hit to the lit targets
107	Rallywall Zones – Top row with penalty - Penalty for hitting outside the lit region
108	Rallywall Zones – Bottom row – 5 points for each hit to the lit targets
109	Rallywall Zones – Bottom row with penalty – Penalty for hitting outside the lit region
110	Rallywall Zones – Middle 3 rows – 5 points for each hit to the lit targets
111	Rallywall Zones – Middle 3 rows - Penalty for hitting outside the lit region

Game Number: 101

Name: Rallywall, ALL Targets

Game Rules:

- The system starts with all target lights turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
- Each good hit earns 5 points.

Game Number: 102

Name: Rallywall – Top 3 rows (5 targets).

Game Rules:

- The system starts with the top 3 rows (5 targets).
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
- Each good hit earns 5 points.

Game Number: 103

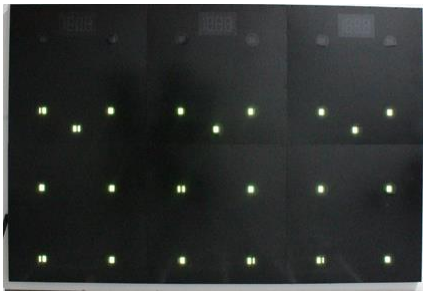
Name: Rallywall – Top 3 rows (5 targets), with penalty

Game Rules:

- The system starts with targets in the top 3 rows turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
- 5 points for hitting above the line and minus 2 for below the line.

Game Number: 104

Name: Rallywall, Lower 4 Rows/lower (7 targets)



Game Rules:

- The system starts with the lower 4 rows of targets turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
- 5 points for hitting the lit area only, NOT the top row.

Game Number: 105

Name: Rallywall, Lower 4 Rows (lower 7 targets) with penalty

Game Rules:

- The system starts with lower 4 rows of targets turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
- Each good hit earns 5 points.
- 5 points for hitting the lower area only; minus 2 for hitting the top row.

Game Number: 106

Name: Rallywall, Top Row of Targets

Game Rules:

- The system starts with only the top row of targets turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
- Each good hit earns 5 points.
- 5 points for hitting the top row target area.

Game Number: 107

Name: Rallywall, Top Row of Targets with penalty

Game Rules:

- The system starts with the top row of targets turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
- Each good hit earns 5 points.
- 5 points for hitting the top row target area and minus 2 for area below this.

Game Number: 108

Name: Rallywall, Bottom Row of Targets

Game Rules:

- The system starts with <u>lower row of targets</u> turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
- 5 points for hitting the bottom row target area.

Game Number: 109

Name: Rallywall, Bottom row of Targets with penalty

Game Rules:

- The system starts with the <u>bottom row of targets</u> turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
- Each good hit earns 5 points.
- 5 points for hitting the bottoom row target area and minus 2 for area above this.

Game Number: 110

Name: Rallywall, Middle 3 rows of Targets

Game Rules:

- The system starts with the <u>middle 3 rows of targets</u> turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
- Each good hit earns 5 points.

- 5 points for hitting the area around the middle 3 rows target area.

Game Number: 111

Name: Rallywall, Middle 3 rows of Targets with penalty

Game Rules:

- The system starts with the middle 3 rows of targets turned on.
- Objective is to hit the system in the active target area as many times as possible until the clock runs out.
- When the active target area is hit the targets in that area are activated and a positive tone is heard.
- When time expires, the system will light up with exploding targets, flashing lights, and score will flash.
- Each good hit earns 5 points.
- 5 points for hitting the area around the middle 3 rows target area and minus 2 for area above this.

Game Category 200-233: Chase the Target

These games provide a specific target or set of targets that light up to reflect the target area that will earn points. All other targets are turned off and are non-active. Points are earned according to how long it takes to put targets out. Targets put out when they are blue earn 5 points, green earns 4 points, Yellow earns 3 points, Orange earns 2 points, and Red earns 1 point. Use the level button to extend the time allowed for each color.

	CHASE THE TARGET - Multi-station systems
	Note Games 201 – 207 are for multi-station systems and operate as a single game with 1 score.
	Target score value is as follows for all Chase the Target Games: 10-Blue, 8-Green, 6-yellow, 4-White, 2-Red
201	Chase the Station – (all targets) chase the lit area across each station
202	Chase the Station – (upper 3 rows) chase the lit area across each station
203	Chase the Station – (lower 4 rows) chase the lit area across each station
204	Chase the Station – (top row) chase the lit area across each station
205	Chase the Station – (bottom row) chase the lit area across each station
206	Chase the Station – (lower 2 rows) chase the lit area across each station
207	Chase the Station – (center target only) chase the lit area across each station
	Target score value is as follows for all Chase the Target Games: 10-Blue, 8-Green, 6-yellow, 4-White, 2-Red
216	Chase the Single Target – (middle 3 rows) chase the lit target
217	Chase the Single Target – (middle 3 rows) chase the lit target as it goes from A to Z
218	Chase the Single Target – (middle 3 rows) chase the lit target as it counts from 0 to 19
219	Chase the Single Target – (all targets) chase the lit target
220	Chase the Single Target – (top row) chasse the lit target
221	Chase the Single Target – (bottom row) chase the lit target
222	Chase the Single Target – (lower 2 rows) chase the lit target
223	Chase the Single Target – (lower 4 rows) chase the lit target
224	Chase the Single Target – (upper 3 rows) chase the lit target
225	Chase the Single Number – (all targets) chase the lit target as it counts from 0 to 19
226	Chase the Single Number – (lower 4 rows) chase the lit target as it counts from 0 to 19
227	Chase the Single Number, by 2 – (all rows) chase the lit target as it counts by 2's
228	Chase the Single Number, by 3 – (all rows) chase the lit target as it counts by 3's
229	Chase the Single Letter – (all rows) chase the lit target as it goes from A to Z
230	Chase the Single Letter – (lower 4 rows) chase the lit target as it goes from A to Z
231	Chase the Single Letter – (upper 3 rows) chase the lit target as it goes from A to Z
232	Chase the Single Target – (all targets) Left, Right and Both, Use correct hand or both to chase the lights on the system. L will be on right side and R will be on Left side so player is to cross arms to play.
233	Chase the Single Target – (all targets) Left, Right and Both, Use correct hand or both to chase the lights on the system. L, R and B will light up randomly around the wall.
233	Chase the Single Target - All targets, Left-R, Right-L, Both-B – B, L and R appear at random locations but players need to use correct hand or foot or both hands

Game Number _____201_____

Name: Chase the Station – All Targets on the station are active

Game Rules:

- Chase the station with all the targets lit.
- All targets on one station start out blue and change colors with the duration of time taken to put them out.
- Score earned for each hit decreases with each color change.
- Targets remain red until the player can hit that panel out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____202_____

Name: Chase the Station – Top 3 rows (5 targets)

Game Rules:

- Chase the station with the targets on the top 3 rows lit.
- All targets on the top 3 rows of one station start out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Targets remains red until the player can hit that panel out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____203_____

Name: Chase the Station – Bottom 4 rows (7 targets)

Game Rules:

- Chase the station with the targets on the bottom 4 rows lit.
- All targets on the bottom 4 rows of one station start out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Targets remains red until the player can hit that panel out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____204_____

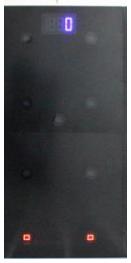
Name: Chase the Station – Top row

Game Rules:

- Chase the station with the targets on the top row lit.
- All targets on the top row of one station start out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Targets remains red until the player can hit that station out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____205_____

Name: Chase the Station – Bottom row



Game Rules:

- Chase the station with the targets on the bottom row lit.
- All targets on the bottom row of one station start out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Targets remains red until the player can hit that station out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____206_____

Name: Chase the Station – Bottom 2 rows

Game Rules:

- Chase the station with the targets on the bottom 2 rows lit.
- All targets on the top row of one station start out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Targets remains red until the player can hit that station out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____207_____

Name: Chase the Station – Center target only

Game Rules:

- Chase the station with the center target lit.
- Only the center target of one station starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Targets remains red until the player can hit that station out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

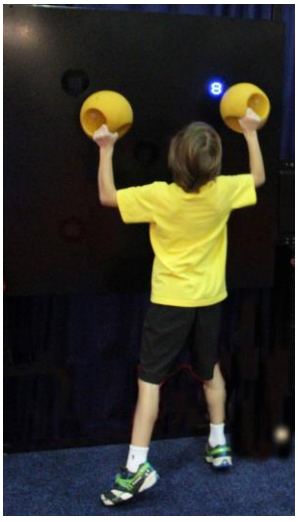
Game Number _____216_____

Name: Chase the Single Target Middle 3 rows (5 targets) -blue; 4-green; 3-orange; 2-yellow; 1-red

Game Rules:

- Chase one target at a time; all other targets are off.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____217_____



Name: Chase the Single Target Middle 3 rows - Counting

Game Rules:

- Chase one target at a time; all other targets are off.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____218_____

Name: Chase the Single Target Middle 3 rows (5 targets) - ABC

Game Rules:

- Chase one target at a time; all other targets are off.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____219_____

Name: Chase the Single Target (Entire Station)

Game Rules:

- Chase one target at a time; all other targets are off.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____220_____

Name: Chase the Single Target – Top Row

Game Rules:

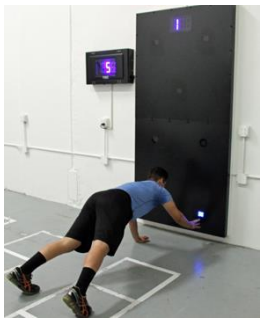
- Chase one target at a time on the top row; all other targets are off.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.

- Play until time runs out.

Game Number _____221_____

Name: Chase the Single Target Bottom Row

Game Rules:



- Chase one of the targets in the bottom row at a time; all other targets are off.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____222_____

Name: Chase the Single Target – Bottom 2 rows (Lower 4 targets)

Game Rules:

- Chase one of the lower 4 targets; all other targets are off.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____223_____

Name: Chase the Single Target Lower 4 rows (7 targets)

Game Rules:

- Chase one of the lower 7 targets; all other targets are off.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.

- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____224_____

Name: Chase the Single Target – Top 3 rows (5 targets)

Game Rules:

- Chase one of the upper 3 rows of targets at a time; all other targets are off.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____225_____

Name: Chase the Single Target, Counting (Entire Station)

Game Rules:

- Chase one target at a time counting in sequential numbers starting at "0." All other targets are off. System turns on any 1 target at a time such that the player is to count from “0” to “19” with each successful strike.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.
- Once the player reaches 19, continue counting backwards to zero and then back up again to 19 until time runs out.

Game Number _____226_____

Name: Chase the Single Target, Counting - Lower 4 rows (7 targets)

Game Rules:

- Chase one of the lower 7 targets at a time counting in sequential numbers starting at "0". All other targets are off. System turns on any 1 target at a time such that the player is to count from “0” to “19” with each successful strike.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.
- Once the player reaches 19, continue counting backwards to zero and then back up again to 19 until time runs out.

Game Number _____227_____

Name: Chase the Single Target, Counting by 2’s (Entire Station)

Game Rules:

- Chase one target at a time counting in 2's; all other targets are off.
- System starts at "0" or "1" and turns on any 1 target at a time such that the player is to count by 2's from “0” to “18” or “19.”
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.
- Once the player reaches 19, continue counting backwards to zero and then back up again to 19 until time runs out.

Game Number _____228_____

Name: Chase the Single Target, Counting by 3’s (Entire Station)

Game Rules:

- Chase one target at a time counting by 3's; all other targets are off.
- System starts at "0" or "1" and turns on any 1 target at a time such that the player is to count by 3's from “0” to “18” or “19.”
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.

- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.
- Once the player reaches 19, continue counting backwards to zero and then back up again to 19 until time runs out.

Game Number _____229_____

Name: Chase the Single Target, Alphabet (Entire Station)

Game Rules:

- System turns on one target at a time as a letter, in order from "A" to "Z." Player must hit that target for the next one to appear.
- Count increases by a letter of the alphabet with each successful strike.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.
- Once the player reaches Z, they are to play backwards to A and then back to Z until time runs out.

Game Number _____230_____

Name: Chase the Single Target, Alphabet Lower 4 rows (7 targets)

Game Rules:

- System turns on any of the lower 7 targets, such that the player is to go from "A" to "Z."
- Count increases by a letter of the alphabet with each successful strike.
- The target starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Target remains red until the player can hit that target out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.
- Once the player reaches Z, they are to go backwards to A and then back to Z until time runs out.

Game Number _____231_____

Name: Chase the Single Letter, Alphabet – Upper 3 rows (5 targets)

Game Rules:

- Goal is to hit a specific letter-illuminated target as quickly as possible, reaching left to right and vice-versa.
- Targets on the left side of the panel illuminate with letter "R;" right side displays letter "L;" This prompts players to reach to the left side targets with their *right* hand and to the right side targets with their *left* hand.
- If the center target is lit, it should display the letter "B," and is to be hit with both hands.

Game Number _____232_____

Name: Chase the Single Target Left, Right, Both (Entire Station)

Game Rules:

- Goal is to hit a specific letter-illuminated target as quickly as possible, reaching left to right and vice-versa.
- Targets on the left side of the panel illuminate with letter "R" right side displays letter "L". This prompts players to reach to the left side targets with their *right* hand and to the right side targets with their *left* hand.
- If the center target is lit, it should display the letter "B" and is to be hit with both hands.

Game Number _____233_____

Name: Chase the Single Target Left, Right Both Random (Entire Station)

Game Rules:

- Goal is to hit a specific letter-illuminated target as quickly as possible, to the target with the R (right), L (left) or B (both) hands depending on what is called for.
- R, L, B letters on the sequentially lit targets will appear randomly and the player needs to respond with the hand or foot called for whether it is with touch or a piece of equipment being used.

Game Category 300-307: Chase the Target in ProTrainer Mode

These games provide a specific target or set of targets that light up to reflect the target area that will earn points. All other targets are turned off and are non-active. Points are earned according to how long it takes to put targets out. Targets put out when they are blue earn 5 points, green earns 4 points, Yellow earns 3 points, Orange earns 2 points, and Red earns 1 point. Use the level button to extend the time allocated to each color.

	CHASE THE TARGET – SMARTfit™ ProTrainer only (Multi-panel Games)
	Target score value is as follows for all Chase the Target Games: 10-Blue, 8-Green, 6-yellow, 4-White, 2-Red
301	Chase the Panel – (all targets) chase the lit area across each panel.
302	Chase the Panel – (upper 3 rows) chase the lit area across each panel.
303	Chase the Panel – (lower 4 rows) chase the lit area across each panel.
304	Chase the Panel – (top row) chase the lit area across each panel.
305	Chase the Panel – (bottom row) chase the lit area across each panel.
306	Chase the Panel – (lower 2 rows) chase the lit area across each panel.
307	Chase the Panel – (center target only) chase the lit area across each panel.

Game Number _____301_____

Name: Chase the Panel – All Targets on the panel

Game Rules:

- Chase the panel with all the targets lit.
- All targets on one panel start out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Targets remain red until the player can hit that panel out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____302_____

Name: Chase the Panel – Top 3 rows (5 targets)

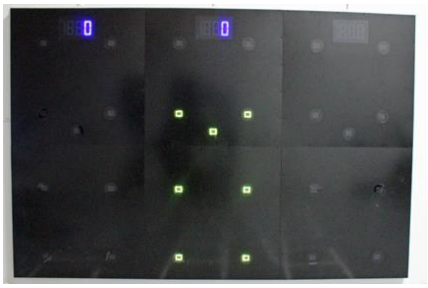
Game Rules:

- Chase the panel with the targets on the top 3 rows lit.
- All targets on the top 3 rows of one panel start out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Targets remains red until the player can hit that panel out, or time runs out.

- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____303_____

Name: Chase the Panel – Bottom 4 rows (7 targets)

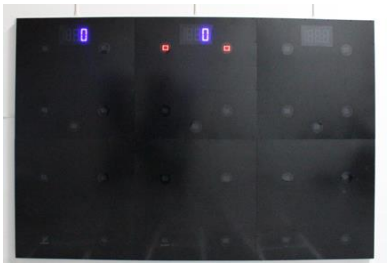


Game Rules:

- Chase the panel with the targets on the bottom 4 rows lit.
- All targets on the bottom 4 rows of one panel start out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Targets remains red until the player can hit that panel out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____304_____

Name: Chase the Panel – Top row

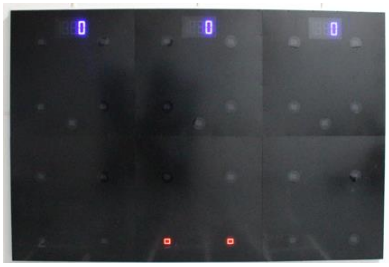


Game Rules:

- Chase the panel with the targets on the top row lit.
- All targets on the top row of one panel start out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Targets remains red until the player can hit that panel out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____305_____

Name: Chase the Panel – Bottom row

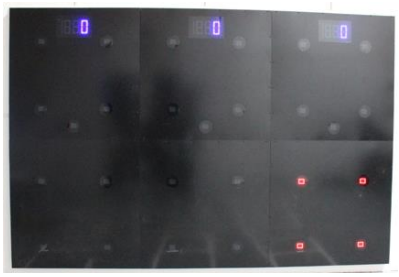


Game Rules:

- Chase the panel with the targets on the bottom row lit.
- All targets on the bottom row of one panel start out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Targets remains red until the player can hit that panel out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____306_____

Name: Chase the Panel – Bottom 2 rows



Game Rules:

- Chase the panel with the targets on the bottom 2 rows lit.
- All targets on the top row of one panel start out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Targets remains red until the player can hit that panel out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Number _____307_____

Name: Chase the Panel – Center target only

Game Rules:

- Chase the panel with the center target lit.
- Only the center target of one panel starts out blue and changes colors with the duration of time taken to put it out.
- Score earned for each hit decreases with each color change.
- Targets remains red until the player can hit that panel out, or time runs out.
- Use yellow LEVEL button on the remote control to change the speed at which the targets change color.
- Use a level with longer times for running or ball games.
- Play until time runs out.

Game Category 600-623: Lights Out

This category of games turns on all of the lighted targets at once and points are earned by knocking them out. Some games are very specific about which lights can be knocked out and in what order, so pay attention as these are the only ones that will earn points.

	LIGHTS OUT
600	Lights Out – Race - (all targets) – Knock out all lights, 1st player to complete ends game.
601	Lights Out – Race - (lower 4 rows) – Knock out all the lights, 1st player to complete ends game
602	Lights Out – Race - (all targets) – Knock out all the lights, game ends when all stations are done.
603	Lights Out – Race - (lower 4 rows) – Knock out all the lights, game ends when all stations are done.
604	Lights Out – Race - (upper 3 rows) – Knock out all the lights, game ends when all stations are done.
605	Lights Out Keep 3 On – Timed Game (all targets) – Knock out all the lights and then continue to chase 3 targets.
606	Lights Out Keep 3 On – Timed Game (lower 4 rows) – Knock out the targets then continue to chase 3 targets.
607	Lights Out Keep 3 On – Timed Game (upper 3 rows) – Knock out the targets then continue to chase 3 targets.
608	Track the Number - Race – (all targets) – Track the correct number 0 to 19 and back to 0
609	Track the Number - Race – (lower 4 row) – Track the correct number 0 to 19 and back to 0
610	Track the Number - Race – (all targets) – Track the correct number 19 to 0
611	Track the Number – Timed Game (lower 4 rows) – Track the correct number 0 to 19 and back to 0.
612	Track the Number – Timed Game (all targets) – Track the correct number 0 to 19 and back to 0.
613	Track the Number, X 2 – Timed Game (all targets) – Track the correct number counting by 2's.
614	Track the Number, X 3 – Timed Game (all targets) – Track the correct number counting by 3's.
618	Track the Letter – Timed Game (all targets) – Track the alphabet, A to Z and back.
619	Track the Letter – Timed Game (lower 4 rows) – Track the alphabet, A to Z and back.
620	Track the Letter - Timed Game (middle 3 rows) - Track the alphabet, A to Z and back.
621	Track the Color – Timed Game (all targets) – Track the color on center target at start.
622	Track the Color – Timed Game (lower 4 rows) – Track the color on center target at start.
623	Track the Color – Timed Game (middle 3 rows) – Track the color on center target at start.
624	Track the Smiley Face – Timed Game (all targets) – Track the smiley face until time runs out.
625	Track the Smiley Face – Timed Game (lower 4 rows) – Track the smiley face until time runs out.
626	Track the Smiley Face – Timed Game (middle 3 rows) – Track the smiley face until time runs out.

Game Number _____600_____

Name: Lights Out – Race - (all targets) – Knock out all lights, 1st player to complete ends game.

Game Rules:

- Each station begins with all lights turned on.
- Objective: Race to see how quickly all 9 targets can be put out.
- The scoreboard counts the seconds until the last target is out.
- First player or team to hit out all lights will end the game and their station will light up in celebration, with exploding targets flashing up and down the station, and score flashing to show the winners.

Game Number _____601_____

Name: Lights Out – Race - (lower 4 rows) – Knock out all the lights, 1st player to complete ends game

Game Rules:

- Each station begins with all targets turned on.
- Objective: Race to see how quickly the lower 7 targets can be put out.
- The scoreboard counts the seconds until the last target is out.
- First player or team to hit out all lights will end the game and their station will light up in celebration, with exploding targets flashing up and down the station, and score flashing to show the winners.

Game Number _____602_____

Name: Lights Out – Race - (all targets) – Knock out all the lights, game ends when all stations are done.

Game Rules:

- Each station begins with all targets turned on.
- Objective is to knock out all of the targets.
- First player or team to hit out all lights will end the game and their station will light up in celebration, with exploding targets flashing up and down the station, and score flashing to show the winners.
- Player to complete the game first receives a 20-point bonus.
- If one station in the system has zero activity on it the game will function and end accordingly as if that station is NOT part of the game.

Game Number _____603_____

Name: Lights Out – Lights Out – Race - (lower 4 rows) – Knock out all the lights, game ends when all stations are done.

Game Rules:

- Each station begins with all lights turned on.
- Objective is to knock out the lower 7 targets.
- First player or team to hit out all lights will end the game and their station will light up in celebration, with exploding targets flashing up and down the station, and score flashing to show the winners.
- Player to complete the game first receives a 20-point bonus.
- If one station in the system has zero activity on it the game will function and end accordingly as if that station is NOT part of the game.

Game Number _____604_____

Name: Lights Out – Race - (upper 3 rows) – Knock out all the lights, game ends when all stations are done.

- Each station begins with all lights turned on and all LEDs fully illuminated.
- Objective is to knock out all of the targets. When a lit target is hit the LEDs turn completely off.
- All targets will turn off until the last 3, for all subsequent shots the system will turn on another target to keep the game going.
- Session continues with three lit targets until the last 1.5 seconds, when players have the opportunity to get all the lights out.
- When time expires, the station with the highest score will light up and score will flash to show that they were the winners.

Game Number _____605_____

Name: Lights Out Keep 3 On – Timed Game (all targets) – Knock out all the lights and then continue to chase 3 targets until time runs out.

- Each station begins with all targets in the lower 4 rows turned on.
- Objective is to knock out all of the targets. When a lit target is hit the LEDs turn off.
- All targets will turn off until the last 3, for all subsequent shots the system will turn on another target to keep the game going.
- When time expires, the station with the highest score will light up and score will flash to show that they were the winners.

Game Number _____606_____

Name: Lights Out Keep 3 On – Timed Game (lower 4 rows) – Knock out the targets then continue to chase 3 targets until time runs out.

- Each station begins with all targets in the lower 4 rows turned on.
- Objective is to knock out all of the targets. When a lit target is hit the LEDs turn off.
- All targets will turn off until the last 3, for all subsequent shots the system will turn on another target to keep the game going.

- When time expires, the station with the highest score will light up and score will flash to show that they were the winners.

Game Number _____607_____

Name: Lights Out Keep 3 On – Timed Game (upper 3 rows) – Knock out the targets then continue to chase 3 targets until time runs out.

Game Rules:

- Each station begins with all targets in the upper 3 rows turned on.
- Objective is to knock out all of the targets. When a lit target is hit the LEDs turn off.
- All targets will turn off until the last 3, for all subsequent shots the system will turn on another target to keep the game going.
- When time expires, the station with the highest score will light up and score will flash to show that they were the winners.

Game Number _____608_____

Name: Track the Number - Race – (all targets) – Track the correct number 0 to 19 and back to 0

Game Rules:

- Each station begins with all targets displaying random numbers.
- Objective is to knock out all of the targets in sequential numeric order by seeking out the "0," then the "1," until "19" then back again.
- When the correct numbered target is hit all targets refresh with new numbers and the player must strike the next number.
- Game ends when "0" is reached.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number _____609_____

Name: Track the Number - Race – (lower 4 row) – Track the correct number 0 to 19 and back to 0

Game Rules:

- Each station begins with the lower 4 rows of targets displaying random numbers.
- Objective is to knock out all of the targets in sequential numeric order by seeking out the "0," then the "1," until "19" then back again.
- When the correct numbered target is hit all targets refresh with new numbers and the player must strike the next number.
- Game ends when "0" is reached.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number _____610_____

Name: Track the Number - Race – (all targets) – Track the correct number 19 to 0

Game Rules:

- Each station begins with all targets displaying random numbers.
- Objective is to knock out all of the targets in sequential numeric order counting backwards by seeking out the "19," then the "18," until "0."
- When the correct numbered target is hit all targets refresh with new numbers and the player must strike the next number.
- Game ends when "0" is reached.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number _____611_____

Name: Track the Number – Timed Game (lower 4 rows) – Track the correct number 0 to 19 and back to 0 until time runs out.

Game Rules:

- Each station begins with targets in the lower 4 rows displaying random numbers.
- Objective is to knock out all of the targets in sequential numeric order counting backwards by seeking out the "19," then the "18," until "0."
- When the correct numbered target is hit all targets refresh with new numbers and the player must strike the next number.
- Game ends when "0" is reached.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number _____612_____

Name: Track the Number – Timed Game (all targets) – Track the correct number 0 to 19 and back to 0 until time runs out.

Game Rules:

- Each station begins with all targets displaying random numbers.
- Objective is to knock out all of the targets in sequential numeric order by seeking out the "0," then the "1," until "19."
- When the correct numbered target is hit all targets refresh with new numbers and the player must strike the next number.
- If "19" is reached, then count backwards until time runs out.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number _____613_____

Name: Track the Number, X 2 – Timed Game (all targets) – Track the correct number counting by 2's until time runs out.

Game Rules:

- Each station begins with all targets displaying random numbers.
- Objective is to knock out all of the targets in sequential numeric order counting in 2's by seeking out the "0" or"1" then the "1" or "2," until "19" then back again.
- When the correct numbered target is hit all targets refresh with new numbers and the player must strike the next number.
- If "19" is reached, then count backwards until time runs out.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number _____614_____

Name: Track the Number, X 3 – Timed Game (all targets) – Track the correct number counting by 3's until time runs out.

- Each station begins with all targets displaying random numbers.
- Objective is to knock out all of the targets in sequential numeric order counting in 3's by seeking out the "0" or"1" then the "1" or "2," until "19" then back again.
- When the correct numbered target is hit all targets refresh with new numbers and the player must strike the next number.
- If "19" is reached, then count backwards until time runs out.
- 5 Points are awarded for each correct hit.

- When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number _____618_____

Name: Track the Letter – Timed Game (all targets) – Track the alphabet, A to Z and back until time runs out.

Game Rules:

- Each station begins with all lights displaying random letters of the alphabet including "A."
- Objective is to knock out all of the targets in sequential alphabetic order by seeking out the "A," then the "B," until "Z."
- When the correct lettered target is hit all targets refresh with new letters and the player must strike the next letter in order of the alphabet.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.
- Allow more time for advanced players so they can play the alphabet backwards after completing it forwards.

Game Number _____619_____

Name: Track the Letter – Timed Game (lower 4 rows) – Track the alphabet, A to Z and back until time runs out.

Game Rules:

- Each station begins with all lights displaying random letters of the alphabet including "A."
- Objective is to knock out all of the targets in sequential alphabetic order by seeking out the "A," then the "B," until "Z."
- When the correct lettered target is hit all targets refresh with new letters and the player must strike the next letter in order of the alphabet.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.
- Allow more time for advanced players so they can play the alphabet backwards after completing it forwards.

Game Number _____620_____

Name: Track the Letter - Timed Game (middle 3 rows) - Track the alphabet, A to Z and back until time runs out.

Game Rules:

- Each station begins with all lights displaying random letters of the alphabet including "A."
- Objective is to knock out all of the targets in sequential alphabetic order by seeking out the "A," then the "B," until "Z."
- When the correct lettered target is hit all targets refresh with new letters and the player must strike the next letter in order of the alphabet.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.
- Allow more time for advanced players so they can play the alphabet backwards after completing it forwards.

Game Number _____621_____

Name: Track the Color – Timed Game (all targets) – Track the color on center target at start until time runs out.

Game Rules:

- The game starts with the center target displaying the color that must be chased.
- Once the center target is activated, each station begins with all targets displaying random colors including the color identified at the start of the game.
- Objective is to knock out the identified colored target as many time as possible in the designated time.
- After a correct hit all targets will immediately refresh with new colors and the player must seek out the identified color.
- Continue play until time runs out.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number _____622_____

Name: Track the Color – Timed Game (lower 4 rows) – Track the color on center target at start until time runs out.

Game Rules:

- The game starts with the center target displaying the color that must be chased.
- Once the center target is activated, each station begins with all targets in the lower 4 rows displaying random colors including the color identified at the start of the game.
- Objective is to knock out the identified colored target as many time as possible in the designated time.
- After a correct hit all targets will immediately refresh with new colors and the player must seek out the identified color.
- Continue play until time runs out.
- 5 Points are awarded for each correct hit.

- When time expires, the station with the highest score will light up and score will flash to show who the winner was.

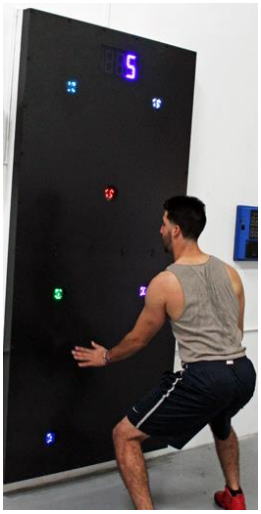
Game Number _____623_____

Name: Track the Color – Timed Game (middle 3 rows) – Track the color on center target at start until time runs out.

Game Rules:

- The game starts with the center target displaying the color that must be chased.
- Once the center target is activated, each station begins with all targets in the center 3 rows displaying random colors including the color identified at the start of the game.
- Objective is to knock out the identified colored target as many time as possible in the designated time.
- After a correct hit all targets will immediately refresh with new colors and the player must seek out the identified color.
- Continue play until time runs out.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number _____624_____



Name: Track the Smiley Face – Timed Game (all targets) – Track the smiley face until time runs out. Smiley face changes color.

Game Rules:

- The game starts with the center target displaying the SMILEY that must be chased.
- Each station begins with all lights displaying SAD FACES and SURPRISED faces in random colors including the SMILEY in the color identified at the start of the game.
- Objective is to knock out the identified colored SMILEY target as many times as possible.
- After a correct hit all targets will immediately refresh with new SAD FACES and SURPRISED faces and the player must seek out SMILEY.
- Continue play until time runs out.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number _____625_____

Name: Track the Smiley Face – Timed Game (lower 4 rows) – Track the smiley face until time runs out. Smiley face changes color.

Game Rules:

- The game starts with the center target displaying the SMILEY that must be chased.
- Each station begins with the lower 4 rows of targets turned on displaying SAD FACES and SURPRISED faces in random colors including the SMILEY in the color identified at the start of the game.
- Objective is to knock out the identified colored SMILEY target as many times as possible in the designated time.
- After a correct hit all targets will immediately refresh with new SAD FACES and SURPRISED faces and the player must seek out SMILEY.
- Continue play until time runs out.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Number _____626_____

Name: Track the Smiley Face – Timed Game (middle 3 rows) – Track the smiley face until time runs out. Smiley face changes color.

Game Rules:

- The game starts with the center target displaying the SMILEY that must be chased.
- Each station begins with the middle 3 rows of targets (5 targets) turned on displaying SAD FACES and SURPRISED faces in random colors including the SMILEY in the color identified at the start of the game.
- Objective is to knock out the identified colored SMILEY target as many times as possible in the designated time.
- After a correct hit all targets will immediately refresh with new SAD FACES and SURPRISED faces and the player must seek out SMILEY.
- Continue play until time runs out.
- 5 Points are awarded for each correct hit.
- When time expires, the station with the highest score will light up and score will flash to show who the winner was.

Game Category 700-723: Lights Out on the ProTrainer

This category of games turns on all of the targets at once and points are earned by knocking them out. Some games are very specific about which lights can be knocked out and in what order, so pay attention as these are the only ones that will earn points.

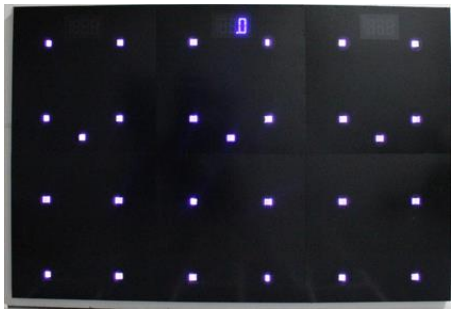
	LIGHTS OUT - SMARTfit™ ProTrainer only (Multi-panel Games)
700	Lights Out – Race - (all targets) – Knock out all lights on system in the shortest amount of time.
701	Lights Out – Race – (lower 4 rows) – Knock out all the lights on the system in the shortest amount of time.
702	Lights Out – Race – (upper 3 rows) – Knock out all the lights on the system in the shortest amount of time.
703	Lights Out – Race – (lower 2 rows) – Knock out all the lights on the system in the shortest amount of time.

Game Number _____700_____

Name: Lights Out – Race - (all targets) – Knock out all lights on system in the shortest amount of time.

Game Rules:

- The entire system begins with all lights turned on.
- Objective: Race to see how quickly all targets can be put out.
- The scoreboard counts the seconds until the last target is out.
- Game ends when all targets are out.

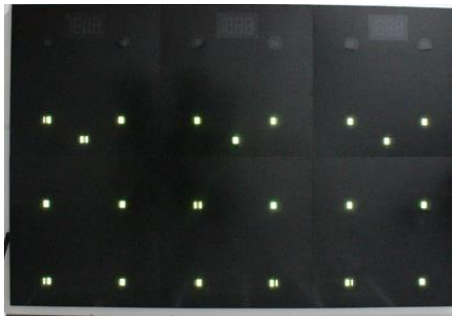


Game Number _____701_____

Name: Lights Out – Race – (lower 4 rows) – Knock out all the lights on the system in the shortest amount of time.

Game Rules:

- All targets in the lower 4 rows are turned on.
- Objective: Race to see how quickly the lower 4 rows (7 targets) can be put out.
- The scoreboard counts the seconds until the last target is out.
- Game ends when all targets are out.



Game Number _____702_____

Name: Lights Out – Race – (upper 3 rows) – Knock out all the lights on the system in the shortest amount of time.

Game Rules:

- All targets in the upper 3 rows are turned on.
- Objective is to knock out all of the targets.
- Game ends when all the lights are out.
- The scoreboard counts the seconds until the last target is out.

Game Number _____703_____

Name Lights Out – Race – (lower 2 rows) – Knock out all the lights on the system in the shortest amount of time.

Game Rules:

- All targets in the lower 2 rows are turned on.
- Objective is to knock out all of the targets.
- Game ends when all the lights are out.
- The scoreboard counts the seconds until the last target is out.

Game Category 800-899: Memory – Pairing and Pattern Recognition

This category of games test memory by revealing numbers, colors, shapes, or letters on certain targets and requiring players to find their match. Points are earned when two targets are paired up. All targets are used in these games

	PAIRING, MEMORY AND SEQUENCING – Find the pairs or sequence	
800	Pairing - Color (timed game) Find color pairs in the time set. System refresh each time.	Unlocked
801	Memory - Color (race). Find the preset pairs as fast as you can.	
802	Pairing - Numbers (timed) - Find number pairs in the time set. System refresh each time	Unlocked
803	Memory - Numbers (race).	
804	Memory – Numbers – Find the sequence (race)	
805	Pairing - ABC (timed) - Find Alpha pairs in the time set. System refresh each time	Unlocked
806	Memory - ABC (race).	
807	Memory – Alphabet – Find the sequence (race)	
808	Pairing - Shapes (timed) - Find shape pairs in the time set. System refresh each time	Unlocked
809	Memory - Shapes (race).	
810	Pairing - Dice (timed) – Find dice pairs in the time set. System refresh each time	Unlocked
811	Memory - Dice (race).	
812	Pairing - Symbols (timed) - Find symbol pairs in the time set. System refresh each time	Unlocked
813	Memory - Symbols (race).	
814	Pairing – Pictures (timed) - Find picture pairs in the time set. System refresh each time	Unlocked

Game Number _____800_____

Name: Pairing - Color (timed game) - System refreshes after each pair found

Game Rules:

- The game starts with all targets loaded with a different color but turned off.
- Only two targets have the same color.
- Objective is to only knock out the targets that are a pair to earn 100 points.
- The system refreshes, a successful sound is heard and another pair must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time runs out.
- Score reflects the number of pairs found less the points taken for mistakes.

Game Number _____801_____

Name: Memory - Color (race)

Game Rules:

- The game starts with all targets loaded with a different color but turned off.
- There are enough pairs for an even number of targets and the odd target has no mate.

- Objective is to only knock out the targets that are a paired to earn 100 points for each pair found.
- When the three pairs are found, the system refreshes, a successful sound is heard and another set of three must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time ends.
- Score reflects the number of pairs found.

Game Number _____802_____

Name: Pairing - Numbers (timed) - System refreshes after each pair found

Game Rules:

- The game starts with all targets loaded with a different number but turned off.
- Only two targets have the same number.
- Objective is to only knock out the targets that are a pair to earn 100 points.
- The system refreshes, a successful sound is heard and another pair must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time runs out.
- Score reflects the number of pairs found less the points taken for mistakes.

Game Number _____803_____

Name: Memory - Numbers (race)

Game Rules:

- The game starts with all targets loaded with a different number but turned off.
- There are enough pairs for an even number of targets and the odd target has no mate.
- Objective is to only knock out the targets that are a pair to earn 100 points for each pair found.
- When the three pairs are found, the system refreshes, a successful sound is heard and another set of three must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time ends.
- Score reflects the time it takes to find all the pairs.

Game Number _____804_____

Name: Memory – Numbers – Find the sequence (race)

Game Rules:

- The game starts with all targets loaded with a different set of sequential letters of numbers but turned off.
- Objective is to turn on targets to find their sequence.
- Hit any target, it will turn on and stay on revealing a number.
- Then seek the next sequential number by striking a target.
- If wrong it turns on for a second and turns off – remember what it is as you will need it as the game progresses.
- If the second target is the next sequential number, it is correct and will stay on.
- Repeat until all targets are turned on with the correct sequence of numbers.
- Game ends when all the sequential numbers have been found.
- Score reflects the time taken to find the sequence of numbers.

Game Number _____805_____

Name: Pairing - ABC (timed) - System refreshes after each pair found

Game Rules:

- The game starts with all targets loaded with different letters of the alphabet but turned off.
- Only two targets have the same letter.
- Objective is to only knock out the targets that are a pair to earn 100 points.
- The system refreshes, a successful sound is heard and another pair must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time runs out.
- Score reflects the number of pairs found less the points taken for mistakes.

Game Number _____806_____

Name: Memory - ABC (race)

Game Rules:

- The game starts with all targets loaded with a different letter but turned off.
- There are enough pairs for an even number of targets and the odd target has no mate.
- Objective is to only knock out the targets that are a pair to earn 100 points for each pair found.
- When the three pairs are found, the system refreshes, a successful sound is heard and another set of three must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.

- Game ends when time ends.
- Score reflects the number of pairs found.

Game Number _____807_____

Name: Memory – Alphabet – Find the sequence (race)

Game Rules:
- The game starts with all targets loaded with a different set of sequential letters of the alphabet but turned off.
- Objective is to turn on targets to find their sequence.
- Hit any target, it will turn on and stay on revealing a letter of the alphabet.
- Then seek the next sequential letter by striking a target.
- If wrong it turns on for a second and turns off – remember what it is as you will need it as the game progresses.
- If the second target is the next sequential letter, it is correct and will stay on.
- Repeat until all targets are turned on with the correct letter sequence of the alphabet.
- Game ends when all the sequential letters have been found.
- Score reflects the time taken to find the sequence of numbers.

Game Number _____808_____

Name: Pairing - Shapes (timed) - System refreshes after each pair found

Game Rules:
- The game starts with all targets loaded with different geometric shapes but turned off.
- Only two targets have the same shape.
- Objective is to only knock out the targets that are a pair to earn 100 points.
- The system refreshes, a successful sound is heard and another pair must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time runs out.
- Score reflects the number of pairs found less the points taken for mistakes.

Game Number _____809_____

Name: Memory - Shapes (race)

Game Rules:
- The game starts with all targets loaded with a different geometric shapes but turned off.
- There are enough pairs for an even number of targets and the odd target has no mate.
- Objective is to only knock out the targets that are a pair to earn 100 points for each pair found.
- When the three pairs are found, the system refreshes, a successful sound is heard and another set of three must be found.

- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time ends.
- Score reflects the number of pairs found.

Game Number _____810_____

Name: Pairing - Dice (timed) - System refreshes after each pair found

Game Rules:
- The game starts with all targets loaded with different sides of a dice but turned off.
- Only two targets have the same dice number.
- Objective is to only knock out the targets that are a pair to earn 100 points.
- The system refreshes, a successful sound is heard and another pair must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time runs out.
- Score reflects the number of pairs found less the points taken for mistakes.

Game Number _____811_____

Name: Memory - Dice (race)

Game Rules:
- The game starts with all targets loaded with a different sides of a dice but turned off.
- There are enough pairs for an even number of targets and the odd target is assigned to being a sad face emoticon that produces no result.
- Objective is to only knock out the targets that are a pair to earn 100 points for each pair found.
- When the three pairs are found, the system refreshes, a successful sound is heard and another set of three must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time ends.
- Score reflects the number of pairs found.

Game Number _____812_____

Name: Pairing - Symbols (timed) – System refreshes after each pair found

Game Rules:
- The game starts with all targets loaded with different symbols but turned off.
- Only two targets have the same shape.

- Objective is to only knock out the targets that are a pair to earn 100 points.
- The system refreshes, a successful sound is heard and another pair must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time runs out.
- Score reflects the number of pairs found less the points taken for mistakes.

Game Number _____813_____

Name: Memory - Symbols (race)

Game Rules:

- The game starts with all targets loaded with a different symbol but turned off.
- There are enough pairs for an even number of targets and the odd target has no mate.
- Objective is to only knock out the targets that are a pair to earn 100 points for each pair found.
- When the three pairs are found, the system refreshes, a successful sound is heard and another set of three must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time ends.
- Score reflects the time it takes to find all the pairs.

Game Number _____814_____

Name: Pairing – Pictures (timed) - Find picture pairs in the time set. System refreshes each time

Game Rules:

- The game starts with all targets loaded with different pictures but turned off.
- Only two targets have the same picture.
- Objective is to only knock out the targets that are a pair to earn 100 points.
- The system refreshes, a successful sound is heard and another pair must be found.
- If an incorrect pair is selected, "uh ooooh" is heard and the system refreshes and a point is deducted. Negative scores are possible.
- Continue play seeking out as many pairs as possible within the time set.
- Game ends when time runs out.
- Score reflects the number of pairs found less the points taken for mistakes.